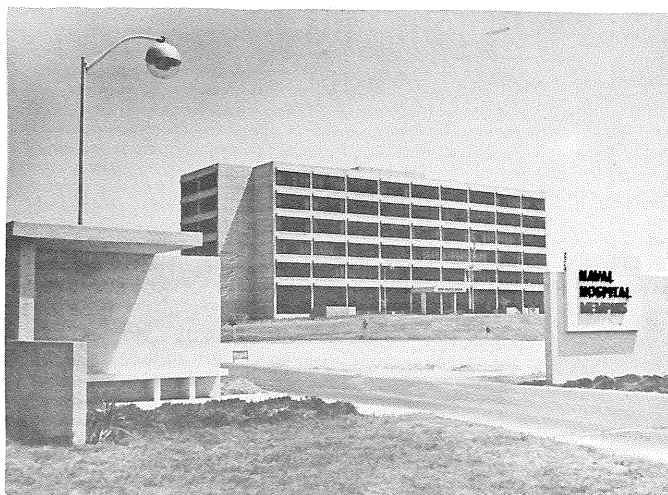




THE

HOSPITAL

CLIPPER



VOL. 7, NO. 7

NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENN. 38054

NOVEMBER/DECEMBER 1973

CSR GOES "MOD"

By LTJG R. Luck

The Central Supply Section of the Surgical Service is located on the ground floor of the hospital. The Central Supply Section is responsible for the preparation and maintenance of supplies, both sterile and non-sterile, as required by all wards, clinics, and departments of the hospital, and assures bacteriologically safe sterilization procedures guaranteeing efficient patient care.

Recently, a painting project was completed by the corpsmen assigned to the Central Supply Section. The idea for painting the spaces had been brewing for awhile, and an okay from the post-hospital construction evaluation team got the project on its way. Since a change in environmental color stimulates production, Captain Young agreed to allow departmental freedom in color choices. Charge Nurse, LTJG R. Luck and Senior Corpsman, HM3 Minor and his ren felt they could do the job at a savings to the taxpayers (that's you and I), under the Self Help Program. Approval was granted by the proper authorities.

Score of the colors used were avocado green, aztec gold, and azure blue. The approximate cost of the painting was less than

\$150.00, which was paid by the Maintenance budget. The project took about two weeks.

The names of the Corpsmen who helped were: HM3 Minor, HM3 J.E. McKinley, HM John Akers, HM3 Esav Douglas, HA Thomas Woods, and HA Martin Eimer.

SUSTAINED OUTSTANDING PERFORMANCE AWARDS PRESENTED TO THREE

At 0930, on 19 October 1973, 3 Sustained Outstanding Performance Awards were presented in the CO's Conference Room.

Sustained Outstanding Performance Awards are given when Civil Service personnel do exceptional work in their department. Supervisors of their departments send their name in to a Special Board which meets annually to select the winners of these awards. The awards presented covered the period from 31 March 1972 to 1 April 1973.

Two Quality Step Increases were given to these persons: Ms. Lois Lindsey and Ms. Verda Camp. Ms. Lindsey works at the Patient Affairs Office here at the hospital, and Ms. Camp works at the dispensary.

Ms. Helen Meadors, was awarded \$200.00 cash since she already had reached her highest Quality Step Increase. She also received her twenty-year pin. Ms. Meadors works for Dr. M.L. Fackler, Chief of Surgery, here at the hospital.

HOSPITAL DIETITIAN MONITORED NAVAL DISPLAY

LT Georgiana M. Banellis of the hospital staff, represented the Navy at this year's annual National American Dietetic Association Convention in Denver, Colo., which was held from the 21st to the 26th of October 1973. One of the Navy's 22 dietitians, LT Banellis met and spoke with many people interested in the Navy Dietitian Program.

The U.S. Navy display was just one of 300 at Denver. More than 6,000 civilians and military dietitians attended the meetings. At present LT Banellis is active with the Memphis District Dietetics Association and was elected as secretary for the group.

This past June she represented the Naval Hospital for the Navy Relief Queen contest and was selected as princess. At present LT Banellis heads the Therapeutic Diet Branch of the Food Service Division here at the hospital.





By Chaplain Don C. Alexander

The annual Thanksgiving season affords the opportunity to review once again the multitude of blessings, national and personal, material and spiritual, that a gracious God has bestowed upon us. We do not have to wait for a presidential proclamation to give thanks to God. Nor do we need to restrict that Thanksgiving to the fourth Thursday of November.

The Psalmist in the 119 Psalm Verse 164 says, "Seven times a day do I praise thee because of thy righteous ordinances." Thanksgiving is not a numbers game in which we mechanically pray seven times a day. It is however, the opportunity to give thanks to Almighty God at every occasion. Whenever we think of God, gratitude looms in our minds and we should give thanks.

Thanksgiving is an opportunity to bring a smile to a frowning face; Joy to the defeated soul; happiness to the sad; hope to the hopeless and a soothing balm to the irritated life. Thanksgiving is remembering to say "thank you" for services rendered, for kindness expressed and for gifts received.

So even though this article is written on the first of November and read at Christmas, Thanksgiving is still in vogue. For to Almighty God and each other we are indebted and owe many, "Thank you's".

How often shall I thank God? Forever-



CAPTAIN D. C. BEER, MC, USN COMMANDING OFFICER
CAPTAIN G. W. JAUCHLER, MC, USN DIR., PROFESSIONAL SERVICES
CAPTAIN J. W. YOUNG, MSC, USN EXECUTIVE OFFICER

DUPLICATED MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATE FUNDS AND IN COMPLIANCE WITH NAVEXOS p-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENNESSEE. THE HOSPITAL CLIPPER SOLICITS NEWS ITEMS FROM ITS READERS.

EDITOR-IN-CHIEF LCDR F. D. SAINES, MSC, USN
EDITOR HM3 C. P. SATTERTHWAIT, JR, USN

THE FEAST OF CHRISTMAS

By Chaplain

James R. von Meysenbug

Great events in human affairs--war, industry politics--usually transpire by day; and the world loves to hold its festivities under a shining sun. Night baseball and football, however, occur under lights usually out of deference to the climate and the demands of a working day.

But the great events of redemption happened in darkness, away from the eyes of the curious. For example, Israel's deliverance from the bondage of Egypt, the death of the firstborn, the slaying and eating of the Passover lamb all occurred at night. Christ instituted the mystery of his love--the Lord's Supper or the Eucharist--in the evening. Indeed, he died in the daytime, yet "the sun was darkened" to make it resemble night. On the third day he arose from the dead, but "it was still dark" when the women found the empty tomb. And when he was born into the world, he did not choose the day, but the quiet night.

God's ways are indeed not ours. Perhaps because of the stillness of the first Christmas night and the prophet Isaiah's description of Christ as "the Prince of Peace," we might be tempted to look upon Him solely as the Comforter who brings peace. But He is also and often a disturber who "invades" men's lives.

From the beginning of His life, when men sought to kill him, to the end of His life, when they succeeded in doing so, Christ disturbed men, disquieted them. And today He continues to do so. Christ confronts us with "He who is not for me is against me," which leaves us with no room for mediocrity or half-hearted efforts.

Christmas is a good time to examine our relationship with God, perhaps to rediscover Him in ways we never dreamed of, Being

Christian means more than having a nice, holy, Christmas-tree feeling around the heart. It means that our lives, like Christ's, are redemptive: that in our daily living, based on what we are because of Christ being born in us, we can bring God to men. Ours is meant to be a life of service to and love for God, which in turn becomes a saving life for our fellow men. In short, we also are "saviors," which may surprise some of us, particularly those of us who have not lived up to our Christian commitment. There is indeed a price to pay. There is a cost to commitment, to being a Christian--a "savior." But the extent of our willingness to pay this price will determine whether Christ is for us primarily a Comforter--or a Disturber!

LCDR FREDRICKSON, NC RETIRES

Retirement ceremonies were held at 0900, 31 October 1973, in the CO's Conference Room for LCDR Joyce J. Fredrickson who reported aboard here late in February 1971. She had served honorably in the Navy Nurse Corps for twenty years.

DT1 SUTHERLAND IS "PIPED OVER"

Retirement Ceremonies were conducted on 6 November 1973 in the Hospital lobby for DT1 Johannes E. Sutherland.

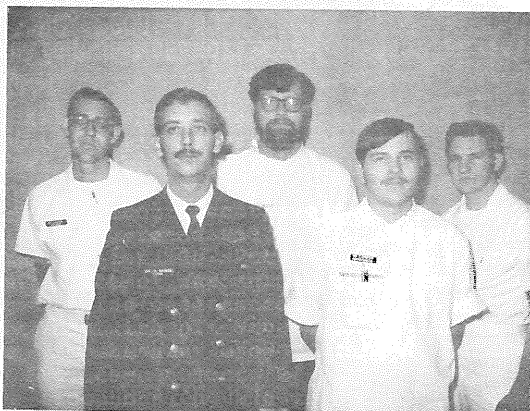
Petty Officer Sutherland entered the Navy in June of 1954 at Seattle, Washington and arrived here at Naval Hospital Memphis in September or 1972. During his tour here, he was the Alcohol Rehabilitation Counselor.

Mr. and Mrs. Sutherland will settle in Raleigh, Tennessee and he will be the Maintenance Superintendent of the Dental School at the University of Tennessee.

Following the formal retirement ceremonies, a reception was held in the Hospital Dining Room.

FAREWELL HELD IN PATIENT AFFAIRS

Farewell ceremonies for Mrs. Mary Stotts were held in Patient Affairs on 26 October 1973. She moved to Fort Wayne, Indiana after working for three years as a medical transcriber in the Patient Affairs Office.



PICTURED ABOVE from left to right is: HM3 Alan Cecil, ENS Jerry Brickeen, HN Scott Waldron, HM3 Douglas Thompson, and HN Tommy Stewart.

AUTOMOBILE ACCIDENT KILLS FOUR FIVE ARE HONORED

On 5 September 1973, a tragic automobile accident occurred killing 4 persons. The victims were received by the Emergency Room at Naval Hospital Memphis. Two persons received Letters of Commendation and three others received Letters of Appreciation.

Receipients of Letters of Commendation were ENS Jerry W. Brickeen and HM3 Douglas A. Thompson. ENS Brickeen was Officer of the Day at the time of the accident. He was commended for efficiently handling the administrative procedure in the disposition of the traffic accident fatalities. HM3 Douglas A. Thompson was Senior Corpsman in the Emergency Room. Although officially relieved at 2300, HM3 Thompson stayed at his place of duty to supervise the handling of the victims.



MR. ALBERT T. THOMAS
30 YEARS OF SERVICE

On Friday, 2 November 1973, Mr. Albert T. Thomas received his pin for 30 years of service as a federal employee. Twenty-seven of the years were spent at the Naval Hospital in the Food Service Division where he is now first head cook. Present in the ceremony were, Mr. Elmer Harrison, head foreman, and LT R.G. Ryder, head of the Food Service Division.



trees

...are part of Nature's snow job.
They guard the fallen snow,
prolong it's life, and send
its moisture down the valleys
a little at a time.

..only you can prevent forest fires. ♻️

Receipients of Letters of Appreciation were HM3 Alan Cecil, HN Tommy Stewart, and HN Scott Waldron. These persons, although on an off-duty status, volunteered to assist when the casualties came into the Emergency Room. Each of these persons were instrumental in allowing the Emergency Room to continue to operate in a normalized fashion without the interruption of care to patients who presented themselves for treatment.

Presentation of the Letters of Commendation and Appreciation were made by the Commanding Officer in the CO's Conference Room at 0930 on the 16th of October 1973.

HM1 LUAllen REENLISTS

HM1 Fred L. Luallen reenlisted for six years on the 27th of November 1973, at 0900 at the dispensary. The enlistment ceremonies were performed by LCDR J.A. Hunt, clinical psychologist, dispensary service.

SAILOR OF THE QUARTER

Sailor of the Quarter ceremonies were held at 0900, 25 October 1973, in the CO's Conference Room for HM2 Mark H. Kunimitsu. HM2 Kunimitsu is a Pharmacy Technician who arrived at the Naval Hospital in July of 1972. Petty Officer Kunimitsu received a Bachelor of Science degree in Business from the University of South Dakota in 1969.

HM2 EDWARD POTTS SCOUTMASTER, BOY SCOUT TROOP 286 RECEIVES LETTER OF APPRECIATION

Over the past 2 years, HM2 Edward Potts (Dispensary Service, Naval Hospital Memphis), in his spare time, has worked as a Scoutmaster with Boy Scouting here at Millington, Tennessee.

While a Scoutmaster, HM2 Potts went through a lot of hardships as well as rewarding experiences with his Boy Scout troop. Since he has been Scoutmaster of Boy Scout Troop 286, the number of boys in the troop has doubled, all having met requirements for Project Soar (Save Our American Resources), two of the Scouts have completed requirements for Eagle Scout, and the troop received, for 2 years in a row, the Scout Camp "Spirit" Award. The many accomplishments and new ideas presented the 2 years HM2 Potts has been Scoutmastering are to numerous to mention.

On the 3rd of December, he received a Letter of Appreciation from Alton S. Wertz, Troop 286 Committeeman and Northwest Dist. Camping Committee Chairman, with personal congratulations from CAPT D. C. Beer, CO, NavHospMfs, and CAPT G. E. Lotz, Chief, Disp. Serv., NavHospMfs, with the following remarks:

"Your demonstrated interest in scouting is commendable. Your volunteer efforts in this important area of community service has contributed significantly to the Navy image in Millington. Your continuing service to scouting reflects great credit upon yourself and the Naval Service."

Join the Payroll Savings Plan.



Sock some away.

Take stock in America.
Buy U.S. Savings Bonds



"No sir, I'm not gonna re-up. The recruiter told me they'd send me abroad and I never got mine."

Depew, A. M. THE COKEBURY QUESTION BOOK. Entertaining as well as useful for parties and contests.

Campbell, M. J. THE PLEASURE AREAS. A new theory of behavior.

Goldberg, Steven. THE INEVITABILITY OF PATRIARCHY.

Nee, V. G. LONG TIME CALIFORNIA. A documentary study of an American Chinatown (San Francisco).

Padover, Saul K. SOURCES OF DEMOCRACY. Voices of freedom, hope and justice.

Redman, Eric. THE DANCE OF LEGISLATION.

Lovejoy, Clarence E. LOVEJOY'S CAREER AND VOCATIONAL SCHOOL GUIDE. 4th enlarged complete revision. 1973.

Peterson, Franklynn. HANDBOOK OF LAWN MOWER REPAIR. 1973. (Desk)

DeCristoforo, R. J. HANDY MAN'S CONCRETE AND MASONRY HANDBOOK. (Desk)

Cohane, Jim. GREAT FOOTBALL COACHES OF THE TWENTIES AND THIRTIES.

McKay, Jim. MY WIDE WORLD.

Carr, Archie. THE EVERGLADES.

McKendrick, Melveena. THE HORIZON CONCISE HISTORY OF SPAIN.

Longstreet, Stephen. CHICAGO: THE RAVISHED RENAISSANCE, 1860-1919.

FICTION

Bennett, Dwight. THE GUNS OF ELLSWORTH. Western.

BEST DETECTIVE STORIES OF 1973.

BEST SCIENCE FICTION STORIES OF THE YEAR, 1973.

Graham, James. THE KHUFRA RUN. Suspense and adventure.

McKenna, Richard. CASEY A GONISTES AND OTHER FANTASY AND SCIENCE FICTION STORIES.

Miles, John. THE NIGHT HUNTERS. Mystery.

Moore, Robin. THE FIFTH ESTATE. Illicit power and corruption, criminal influence in the highest echelons of government and business.

Patten, Lewis B. THE ORDEAL OF JASON ORD. Western.

Sciascia, L. EQUAL DANGER. Mystery.

Steward, Dwight. THE ACUPUNCTURE MURDERS.

Stewart, Mary. THE HOLLOW HILLS. How Merlin, the enchanter, helped Arthur become King of all Britain.

Wakefield, Dan. STARTING OVER. The perils and promises of living alone after divorce.

Bagley, Desmond. THE TIGHTROPE MEN. Espionage.

Bar-Zohar, Michael. THIRD TRUTH. Suspenseful novel about assassination, vengeance, and international deceit.

Bryant, Will. ESCAPE FROM SONORA. A colorful novel of chase and suspense set in 1916 in revolutionary Mexico.

Callison, Brian. DAWN ATTACK. A war novel about the British Commandos.

Gilbert, Michael. THE 92nd TIGER. International adventure in the Middle East.

Knapp, Gregory C. STRANGLEHOLD. International intrigue in Japan.

McLean, Alistair. THE WAY TO DUSTY DEATH. About automobile racing.

McMenemy, Nickie. ASSEGAI! 19th century historical novel set in ZULU.

Mason, F. Van Wyck. LOG CABIN NOBLE. About the greatest treasure hunt in the Caribbean.

Pace, Eric. ANY WAR WILL DO. International gunrunning.

Rikhoff, Jean. BUTTES LANDING. A masterly adventure of wilderness living and its challenges; an unforgettable story of the making of Americans in the Northeast.

NON-FICTION

Milne, L. THE ANIMAL IN MAN.

Young, L. THE FRACTURED FAMILY.

White, T. H. THE MAKING OF THE PRESIDENT, 1973.

Pearson, J. W. THE 8-DAY WEEK.

U.S. Navy. THE BLUEJACKETS' MANUAL. 19th ed., 1973.

Sampson, Anthony. THE SOVEREIGN STATE OF ITT.

Bradbury, Ray. MARS AND THE MIND OF MAN.

Hawkins, G. B. BEYOND STONEHENGE.

Good Housekeeping Institute. THE GOOD HOUSEKEEPING COOKBOOK.

BEST SPORTS STORIES, 1973.

Bouton, Jim. I MANAGED GOOD -- BUT, BOY DID THEY PLAY BAD.

Dickson, Frank, ed. WRITER'S DIGEST HANDBOOK OF SHORT STORY WRITING.

Twain, Mark. MARK TWAIN ON MAN AND BEAST.

Military Living and Consumer Guide, ed. U.S. FORCES TRAVEL GUIDE EUROPE PLUS NEAR EAST/ATLANTIC AREAS.

Gilbert, Bil. THE TRAILBLAZERS.

MYSTERIES

Blankenship, W. D. THE PROGRAMMED MAN.

Chaber, M.E. BORN TO BE HANGED.

Hitchcock, Alfred. ALFRED HITCHCOCK PRESENTS: STORIES TO BE READ WITH THE LIGHT ON.

Lockridge, Richard. NOT I, SAID THE SPARROW.

OUR LIBRARY

SCIENCE FICTION

Bova, Ben. WHEN THE SKY BURNED.

Caidin, Martin. OPERATION NUKE.

Gree, Joseph. CONSCIENCE INTERPLANETARY. WESTERNS

Adams, Clifton. THE HARD TIME BUNCH.

Farrell, Cliff. SHOOT-OUT AT SIOUX WELLS.

* 16 OCTOBER '73 *

* ADVANCEMENTS IN RATE *

* DELAVAN, M.G. HM2 *

* MARTIN, V.A. HM2 *

* 16 NOVEMBER '73 *

* ADVANCEMENTS IN RATE *

* CHILDRESS, H. HM2 *

* CHRISTOPHER, L.D. HN *

* DUNCAN, C.L. HM3 *

* FISHER, D.E. HM3 *

* FRANKLIN, T.D. HN *

* GARZA, B.C. HN *

* HANCOCK, R. HM3 *

* HARVEY, D.S. HN *

* JOHNSON, R.A. HN *

* LAVENDER, R. HM3 *

* NEAL, K.M. HM2 *

* NELSON, M.J. HM3 *

* POWELL, J.M. HN *

* PRUETT, C.E. HN *

* THOMAS, J.K. HN *

* THOMAS, L.R. HM2 *

* 16 DECEMBER '73 *

* ADVANCEMENTS IN RATE *

* DOUGLAS, E. HM3 *

* GIBSON, R.W. HM2 *

* GIVENS, J.L. HN *

* GREEN, A.N. HM3 *

* HALL, M.E. HM2 *

* HARDING, D.M. DT3 *

* HAYHURST, M.A. HN *

* KRATOHVIL, G. HM3 *

* TORCENSON, E.J. HN *

* WELCH, A.L. HN *

* YON, C.S. HN *

RETREAT?

By SSGT DARRELL D. HARE, USAF

Somewhere a bugle softly sounds
The message of renown,
And men inside their buildings wait
Until the flag comes down.

And others run to get their cars
Quite harrowed or dismayed
Afraid they will not reach the gate
Before retreat is played.
Not thinking of the flag or men
Who fought to keep it flying.

How many would be glad to stand,
Whose bodies now are mute,
Or have no hand that they might raise
And stand in proud salute.

So accept it not as duty
But a privilege even more
And receive it as an honor
Instead of just a chore.





FORMER PROFESSIONAL ARC WORKER NOW HEADS LAB VOLUNTEERS AT NH

Mrs. Dorothy Carpenter Hunter, shown above in her Red Cross uniform at the end of World War II, is now chairman of the lab's ARC Volunteers at Naval Hospital.

She has been a Volunteer at NH for the past three years, resuming service with the American Red Cross which began in the 1930's.

Mrs. Hunter, born and reared in Chicago, started her work with the Red Cross as a Water Safety instructor in 1936 at Gulfport, Miss. In 1939, she embarked on a professional career with the ARC.

She worked as a professional chapter worker in Laurel, Miss., and Smithfield, N. C., carrying out casework duties. During World War Two she was a hospital caseworker at Naval Hospital, Camp Lejeune, N. C.

Mrs. Hunter met her husband in North Carolina. They are the parents of a daughter, Mrs. Sally Havens, who is a sergeant in the Air Force in Germany. She is the wife of an AF staff sergeant. Mrs. Havens was formerly an ARC Youth Volunteer at NH.



By Alicia Harper (ARC Reporter)

NEWLY TRAINED ARC VOLUNTEERS ARE NOW SERVING AT HOSPITAL

About two dozen new Red Cross Volunteers were trained in the Fall-Winter class here, and are now working to qualify for the Red Cross caps. These will be awarded in special ceremonies after required work hours are completed.

The new Volunteers are Mesdames S. Young, P. Werner, J. Weaver, L. Stockton, G. Smith, P. Silvey, S. Payne, E. Overson, B. Overby, L. Oliver, C. Ogden, E. Nelson, N. Lee, B. Murphy, A. Morris, D. LeBon, D. Hanks, C. Halting, J. Coleman, B. Chandley, P. Bynum, M. Brakefield, J. Bell, and K. Barker.

Mrs. Weaver, although previously trained, took the hospital course to prepare for hospital work. She had been a First Aid Volunteer in Alabama.

After the Basic Orientation, consisting of three half-days, Volunteers attended workshops in specialized departments, followed by On-the-Job Training. This is continuing until the capping.

Hospital and Red Cross, staff, Volunteers, and a patient were among those helping to teach the Basic Orientation.

New Volunteers are working in recreation, shopping, laboratory, library, pharmacy, and the Red Cross office.

VOLUNTEERS TRANSFER INTO ARC

Red Cross Volunteers who formerly served at other hospitals are now serving NH patients.

The trained Volunteers recently transferred in are: Mrs. E. Lanham, Mrs. L. Morgan, Mrs. D. Penner, Mrs. D. Watts, Mrs. J. Warthen, Mrs. A. Wertz, Mrs. B. White, and Mrs. J. Weaver.



'DOWNERS'
can be deadly!

UNDERSTANDING YOUR LIFE INSURANCE HOW LIFE INSURANCE PROVIDES SECURITY (Fourth of a Series)

Modern life insurance plans are designed to meet almost every circumstance in which there is loss of earning power.

In recent years coverage has not only been liberalized, but policyholders can select the payment plan that is easiest for them. Most people have individual policies or group plans, or both.

Although insurance plans go a long way back in history, it was not until 1854 that life insurance began to meet the needs of large numbers of people. In that year a new type of individual life insurance plan became available to low-income industrial workers in England. The new policy was cheaper than past plans and was paid for at the home when the life insurance agent called each week or month. This type of insurance was introduced into the United States in 1875 and became very popular, reaching far more people for many years than did the earlier type of individual policies. The insurance is known as *industrial insurance*, the word coming from the industrial workers for whom it was designed. The earlier type of individual insurance is called *ordinary insurance*, a term which was perhaps not well chosen but which appears to be embedded in the language of life insurance.

NOVEMBER CAPPING CEREMONY CAPS 18 VOLUNTEERS/4 CITED

Red Cross Volunteers who received their service caps in November in a capping ceremony are the following: Mesdames Diane Hanks, Betty Overby, Kim Barker, Paulette Silvey, Barbara Murphy, Carol Chandley, Laurel Oliver, Mary Brakefield, and Ellie Overson.

Other Red Cross workers who received their caps were: Mesdames Dolores LeBon, Phyllis Bynum, Linda Stockton, Cindi Halting, Gloria J. Smith, Shirley Payne, Anneliese Morris, Julia Bell, and Sharon Young.

Cited for service for having worked at Naval Hospital Memphis for one year, are: Ms. Albena Pegues, LPN, Ms. Marv Fort, Ms. Kay Long, and Ms. Madge Taylor.

SOCIAL SECURITY INFORMATION FOR YOUNG FAMILIES

(Part 1)

By P.A. Rushton

WHAT SOCIAL SECURITY IS TO YOU

How much do you earn? . . . \$3,000 a year? . . . \$6,000 a year? . . . as much as \$10,000? What will you have earned by the time you are ready to retire . . . \$250,000, \$300,000, or even more? But, wait a minute. What would happen if your income was cut drastically, or even stopped altogether because you became disabled or if you should die? What then? Where would your family turn?

There's an answer to this question—one you might not realize exists—social security. Chances are that when you think about social security you think mostly about older people and retirement and Medicare. But that's not the whole social security story, not by a long shot. Social security can also mean a lot to younger people; it can mean monthly cash benefits to disabled workers and their families; it can mean monthly checks to widowed mothers and their children.

Suppose a young father of two small children, both under 5, is killed in an accident. His average earnings covered by social security were \$450 a month. His widow and children would receive about \$354 each month in social security, over \$4,250 each year. By the time the oldest child reaches 18, this family could have received more than \$55,000. And this would not be all—the widow could receive monthly benefits when she reaches 60.

And the children could receive benefit payments until they reach 18, or until 22 if they stay in school.

And, under the present law, a worker can have average monthly earnings covered by social security of as much as \$650 in years to come. This can mean benefits of \$434.40 a month for a family.

Take a minute to think about it. How would your family get along if you became disabled or died?

If you've worked long enough under social security—and most workers have—you could count on a continuing cash income for yourself and your family if you became disabled . . . and your survivors would receive monthly cash benefits if you should die. And, of course, you are also earning retirement protection while you work.

Military service credits

Under another change in the law, social security credits of \$100 per month are granted for active military service during the period 1957 through 1967. Up to now, the credits were given only for active service after 1967.

If you served in the Armed Forces during the 1957-67 period or you are a survivor of someone who did, and are now getting monthly checks, get in touch with your social security office. You may be eligible for a higher monthly benefit. *Benefit increases on the basis of these credits can first be paid for January 1973.*

Your social security card

You must have a social security number to get credit for your earnings.

Almost everybody in America has one. Most probably, you got one when you started on your first job or began self-employment.

Keep your card in a safe place. If you lose it, let us know and we'll send you a duplicate.

When you change jobs, *don't give your new employer your number from memory*—always show him your card. If you give him the wrong number, your earnings may not get entered on your record.

About MEDIHC . . .

More than 14,000 veterans with health skills and knowledge have been referred to occupational and educational opportunities in the health field through Operation MEDIHC.

MEDIHC (Military Experience Directed Into Health Centers) is a counseling and referral program administered by the individual states under contract with the Bureau of Health Manpower Education's Division of Allied Health Manpower, and in cooperation with the Department of Defense.

Of the 14,000 people assisted since 1970, about 60 per cent are in various health field jobs, and the rest are in educational programs that will expand their military service health training.

MEDIHC agencies located throughout the nation give referral service, educational counsel-

ing, and other specialized services to former medics who wish to have a meaningful role in civilian health professions.

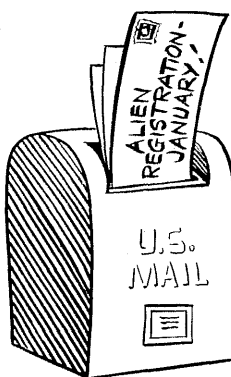
Servicemen and women are eligible for MEDIHC services 90 days prior to their separation date. Transition officers at separation bases have MEDIHC application forms which when completed are sent to the MEDIHC agency in the state where the applicant wants to locate after discharge. The state MEDIHC coordinator provides the applicant with information about available job and training opportunities which seem to be compatible with employment needs, previous training and experience, and career plans. Information about the applicant is provided by the MEDIHC coordinator to potential employers.

DoD sets CHAMPUS time limit

The Department of Defense has placed a time limitation on the filing of claims for supplies and services provided beneficiaries of CHAMPUS (Civilian Health and Medical Program of the Uniformed Services) on or after January 1, 1974. The newly-imposed deadline is the last day of the calendar year following the calendar year in which services and supplies are provided.

The CHAMPUS program has been without a regulatory time limitation on filing claims since its inception.

CHAMPUS claims for services and supplies provided before January 1, 1974, will be processed in accordance with current procedure, that is, with no time limit.



Don't let your home catch fire

- Rubbish cleaned out? ☐
- Combustibles out of house? ☐
- Oily Rags stored in metal cans? ☐
- Chimney clean? ☐
- Furnace cleaned and in good repair? ☐
- No loose connections in flues and pipes? ☐
- No flammables near stove? ☐
- Screen over entire front of fireplace? ☐
- No extension cords under rugs? ☐
- Right size fuses? ☐
- Dryer free of lint? ☐
- Radio and TV away from wall? ☐
- Antenna grounded? ☐
- Yard clean? ☐
- Metal incinerator covered? ☐
- Use a pad under toaster, grill, other table appliances? ☐
- Keep light bulbs away from walls, curtains? ☐
- Avoid overloading electric wiring? ☐

THINK JUNE—The time to take weight off for next summer is now. An overweight person suffers physically, because of awkwardness and slowness, and mentally, because of unattractiveness. Obesity can impair the body and predispose it to certain diseases; and when present as a complication in certain illnesses, it greatly increases the probability of death. The cause of at least 95 per cent of the cases of overweight is simply overeating. Only a few extra snacks a day can increase a person's weight by as much as 15 to 20 pounds a year.



SNOW

Featherly flakes of designs,
Soft when fell on by your behind;
Smash and packed together make things,
From snow balls to simple snowmen;
White as a sheet, cold as ice,
Smarts a little when hit right nice;
Means a lot of work, but also means fun,
Especially when it comes down hard;
When the day is done.

- By Hiawatha

